

Triage Prioritisation: Hamish Love Orthopaedic Surgeon

Urgent Patients: To be seen within 3-4 weeks

Knee Injuries: Acute knee injury with one or more of the following:

- Sudden painful swelling
- Inability to weight bear
- A locked knee
- Instability and giving way, including acute patellar dislocations
- Acute osteochondral injuries

Shoulder injuries:

- Shoulder dislocation with marked disability and unable to work
- Significant shoulder injury eg a fall, with loss of ability to actively move the arm afterwards

Semi-urgent Patients: We aim to see these within 8 weeks

Knee Injuries:

- Likely meniscal tears or loose bodies, if associated with locking or an inability to get back to work
- Post-traumatic instability suggestive of ligament injury

Shoulder injuries:

- Likely traumatic rotator cuff tears, if patient unable to work, or having significant disability, sleep disturbance etc
- Dislocations / instability

Routine Patients: Greater than 8 weeks

Hip problems:

- Hip arthritis
- Labral tears / femoroacetabular impingement

Shoulder problems:

- Rotator cuff tears, not causing significant disability
- Impingement syndrome
- Frozen shoulder
- Clavicle fracture non-union
- AC joint instability

Knee problems:

- Traumatic meniscal tears, failing to settle within 3-4 months
- Osteochondritis dessicans

Other problems:

- Exertional compartment syndrome

Conditions I do not treat include:

- Spinal problems
- Foot and ankle problems
- Knee arthritis, requiring knee replacement surgery
- Degenerative meniscal tears